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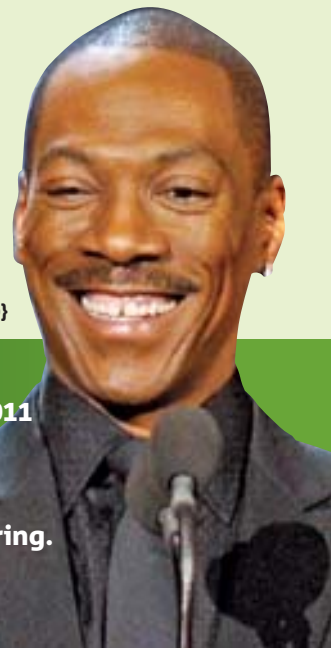
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LOVE SONGS
DATE NIGHT AT THE
KARAOKE BAR WILL
STRIKE A CHORD {page 26}



HOST?
REPORTS SAY
MURPHY TOPS
OSCARS LIST {page 20}



CALGARY

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Tuesday, September 6, 2011
www.metronews.ca



News worth sharing.

JEFF MCINTOSH/THE CANADIAN PRESS



Stamps stomped in Classic

- Fans out in full force for family-friendly tailgating {page 4}
- Eskimos lay it on the hometown Stampeders {page 32}
- Rematch set for this Friday in Edmonton

► Edmonton Eskimos' David Pittman, left, hauls down Calgary Stampeders' Johnny Forzani during the first half of yesterday's game.

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Woman killed in shooting

The RCMP is investigating the alleged fatal shooting of a 23-year-old woman on the Samson Cree First Nation, near Hobbema, early yesterday morning.

Officers were called to the home at around 3 a.m., and the woman was taken to Wetaskiwin, where she was pronounced dead.

The home is reportedly next door to where five-year-old Ethan Yellowbird, grandson of Samson chief Marvin Yellowbird, was fatally shot as he slept on July 11.

RCMP said they believe shots were fired from outside the home and could be linked to gang activity.

There have been no arrests in connection with Yellowbird's death.

● METRO

Two dead in head-on collision

Two motorists are dead following what RCMP believe was a head-on collision near Sylvan Lake, yesterday morning.

The incident took place around 8 a.m. on Highway 11, near Benalto.

A 28-year-old Edmonton man was dead at the scene, while a woman in her 50s later died in a Red Deer hospital, RCMP said.

Their names are not being released.

● METRO



▶ Longtime A-1 Alberta Transmission employee Shaz Pervez chats with a security guard in front of what's left of two Calgary auto-body shops following a fire Sunday. The owner of the shop says he lost about \$500,000 worth of equipment.

Father, son hurt in auto-body shop fire

▶ Two businesses ravaged in Sunday-night blaze ▶ Cause of fire still being assessed ▶ Structural integrity of buildings may be threatened



JEREMY NOLAÏS
@METRONEWS.CA

Hurt both physically and emotionally, the owner of an auto-body shop where fire broke out Sunday admits he doesn't know where to go from here.

Ghufran Mustafa was inside Customer First Auto Care with his father when fire broke out around 6 p.m.

In an interview with Metro yesterday, Mustafa refused to provide details on how the fire began, but

did say his father was in hospital suffering from "minor burns."

Mustafa was also taken to hospital, but released. Now, all that remains of his shop are piles of wreckage and charred automobile frames.

"It was my life," he said of the business. "We'll see where God takes me."

Firefighters managed to gain the upper hand on the blaze Sunday, but not before it tore through the inside of A-1 Alberta Transmission next door, as well, said fire spokesperson Al

Magwood.

Randy Scott, owner of the business for two decades, struggled to find words to describe the incident.

"Total devastation, obviously," he said. "I think it's totally wiped out inside for sure."

After the blaze was put out, worries also emerged that the structural integrity of the building where both businesses are located could be permanently threatened. Magwood said crews are still surveying the damage.

About the fire

- ▶ Witnesses speaking to Metro yesterday said they heard numerous explosions as the fire spread Sunday.
- ▶ Crews were still planning to fence off the fire-damaged auto-body shops yesterday. It was not clear when owners would be allowed to walk through the wreckage themselves.
- ▶ About \$500,000 worth of equipment was damaged in the fire.

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news


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Toronto's Labour Day parade affords hundreds a chance to say 'thank you' to the late Jack Layton. Video at metronews.ca



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Rivalry brings out best in kinship

► Edmonton won last meeting against Calgary 24-19 ► Vandalized billboard removed before game

CANDICE WARD
CALGARY@METRONEWS.CA

Rivalries between the Calgary Stampeders and Edmonton Eskimos aside, the Labour Day Classic is about bringing football fans alike together.

For the Purcell family, who has held Stampeders season tickets for the past 36 years, tailgating, has become a tradition of friends, family, fun and football.

"It is an f'ing day," said Garry Purcell, long-time Stampeders fan.

Like the Purcells, Tony Tiberio and his family have also looked at Stampeders games as a time to spend with family.

"This is what it is all

Duelling teams

- The Calgary Stampeders were up one win over the Edmonton Eskimos heading into yesterday's game.
- The Stampeders and the Eskimos meet again Sept. 9 in Edmonton.

about. We tailgate rain or shine," said Tony Tiberio, Stampeders season-ticket holder for about 24 years.

Daughter Nicole Tiberio, 22, has grown up tailgating with her family and enjoys the Labour Day Classic atmosphere.

"I love the attitude between the fans and the rivalry," she said.

Stamps fall 35-7 (page 32)



► Tony Tiberio, left, and John Tiberio cook up some food during their tailgate party before the Labour Day Classic at McMahon Stadium yesterday.

News in brief

2 hit at roughly same time by different trains

ALIX. Two people are in hospital after being hit by two separate trains at around the same time Sunday night.

A 36-year-old woman is in stable condition in hospital after being struck by a slow-moving train in the Village of Alix, according to police.

About 10 minutes later, a 39-year-old man sustained possible life-threatening injuries after being hit in Gleichen. ● METRO

Cop, guard hurt in fracas

WEST RESTAURANT AND BAR. A police officer and a security guard were injured after trying to break up a fight at a downtown bar early yesterday.

The officer sustained a leg injury and the security guard was knocked unconscious during the fight involving a large crowd of people outside

West Restaurant and Bar. One person was arrested. ● METRO

Grits can vote for new leader

ALBERTA LIBERALS. Those registered to vote for the Alberta Liberal party leadership can now cast their advance votes online or over the phone.

All other voters will get a chance to cast their ballots at one of the seven polling stations throughout Alberta on Saturday.

This is the first time in the party's history that non-paying members will be allowed to vote. ● METRO

Area evacuated due to beeping

BEACON HEIGHTS. A couple of cellphones caused the evacuation of a number of northwest businesses Saturday afternoon after a complaint of a suspicious package at a postal outlet.

The tactical support unit was called to the Shoppers Drug Mart in Beacon Heights Shopping Centre to inspect the package, which was making a beeping noise. ● METRO

All I Want is You — and a mob

His elaborate flash-mob-proposal scheme went off without a hitch and now a Calgary man is set to get hitched.

Shane Campbell, who was born locally but lives in New York, got down on one knee in front of his bride-to-be Lyndsey Butler in Lake Louise Saturday and asked her to marry him in front of dozens of strangers belting out their song, U2's All I Want Is You.

"She didn't suspect a thing," he said. "It went really well."

The couple has not set a wedding date yet but loves the Lake Louise area and will likely return there for the ceremony.

● JEREMY NOLAIS

100

Shane Campbell estimates he recruited more than 100 participants to sing as part of his flash-mob proposal Saturday.

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Determination helps foreign-trained dentist restart his career in the Prairies

It is likely the first time in three years that Iranian-born Dr. Hooman Mohandesan has strayed from his disciplined path: the newly graduated dentist from the University of Manitoba set out on a rambling road trip from Winnipeg to Montreal to show his visiting mother a bit of his adopted country.

"I have a few weeks' vacation to visit old friends," chuckles Dr. Mohandesan, during a pit stop on a tour that caps a long journey as a foreign-trained dentist in Canada.

Reflecting on the eligibility exams, interviews and the two-year Canadian dental program at University of Manitoba, he notes that, "It's honestly very hard, but when you're done, you feel the joy and pride of this difficult task."

For that reason, Dr. Mohandesan followed a careful regime during those years – focusing on his studies with short work-outs at the gym. "Since there was no guarantee that I would be accepted to the program on my first try, I concentrated on the exams and making contacts to learn the process and prepare myself," he recalls.

While excited to rebuild his career in welcoming, multicultural Canada, the dedicated student struggled to preserve his savings, since he didn't know when he might begin his practice. "It took some time to get used to my new economic status as a student, with all the daily expenses, but no income," he explains.

Fortunately, during an orientation event at University of Manitoba, Dr. Mohandesan met Scott Bollman, Manager of Small Business at Scotiabank's 200 Portage and Main Branch. "I liked the interaction with Scott at our meeting," says Dr. Mohandesan. "Since as a newcomer I was not very familiar with the Canadian financial system, I had a lot of questions, and Scott was very patient throughout our discussion about student loans and banking options."

Scott explained the *Scotia Professional*[®] Student Plan, tailored for students like Dr. Mohandesan who were completing a professional degree, offered tips on affordable Winnipeg neighbourhoods and demonstrated how a Scotiabank line of credit would accommodate his needs.

"He's more like a friend, since I'm really dealing with a human being, not just an institution," says Dr. Mohandesan to describe the responsive Scotiabanker who has also approved him for a VISA card and foreign currency accounts, and provided advice on saving for his future.

"That's how we serve our customers, particularly new Canadians who face many challenges to establish themselves at the beginning," observes Scott. He adds that he offers programs such as the *Scotiabank StartRight*[®] Program¹ for Newcomers, which includes a free day-to-day bank account for one year², a wide range of VISA[®] card options³ and a number of other customized services and benefits.

Although Dr. Mohandesan is enjoying his leisurely family holiday, he's focused on his next steps – a fellowship at University of Manitoba and work at a private dental practice in Winnipeg. His advice to other newcomers: "Concentrate on your goals, learn the process and build good relationships with people who know what to do to get your career or finances in order."

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'Homeless hero' jailed for assault

- ▶ Saved two from drowning in Red River in 2009
- ▶ Plagued by alcoholism and other personal tragedies



JAMES TURNER

@METRONEWS.CA

METRO CANADA IN WINNIPEG

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a violent panhandling run-in with a city doctor.

Faron Hall, 48, was arrested downtown May 30 and has been locked up since. He recently pleaded guilty to a charge of assault.

The victim and her two kids were getting into their car after shopping when Hall approached and put his hands out as if to ask for money, court heard.



▶ Faron Hall

The doctor, described as "a good-natured person," apologized, telling Hall she had no cash, and reached to give him apples instead.

Hall grew angry and "slammed the door on her,

pinning her between the car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics for diving into a freezing Red River to save a young man in May 2009 won him official honours from the City of Winnipeg, along with national attention. Months later, he also rescued a friend.

"It's very sad that it's come to this and that he's engaged in this sort of behaviour, having established himself in such an admirable way," said Helenchilde.

Hall was credited for the four months served and will remain in jail for another 60 days.

Moving. On



▶ From right to left, Mike Layton, Ontario NDP Leader Andrea Horwath, interim federal NDP Leader Nycole Turmel, and Sarah Layton march in Toronto's Labour Day parade in memory of Jack Layton yesterday.

DARREN CALABRESE/THE CANADIAN PRESS

Keeping Jack Layton's spirit alive

The memory of Jack Layton loomed at Toronto's Labour Day parade yesterday. Thousands of people, many clad in orange, moved from downtown to the CNE in the parade dedicated to the late NDP leader, who died from cancer last month.

Leadership not for Chow

New Democrat MP Olivia Chow says she won't be a

candidate to succeed her late husband, Jack Layton, who died last month from cancer. "We have a lot of capable people that can be leader. That's not my role,"

she said in an interview with CBC. Quebec MP Thomas Mulcair and party strategist Brian Topp are among several contenders.

THE CANADIAN PRESS

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TUESDAY, SEPTEMBER 6, 2011

34 dead as Talas pummels Japan

► Fears of mudslides in rain-soaked areas delay rescue efforts ► 200,000 homes without power

THE ASSOCIATED PRESS

Japan braced for more heavy rain and floods as the death toll from the worst typhoon to hit the country in seven years climbed to 34.

Rescuers searched for 55 others who remained missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was later downgraded to a tropical storm, lashed coastal areas with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan. Thousands were stranded as it washed out bridges, railways and roads.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and tsunami six months ago. In one of his first acts in office, Prime Minister Yoshihiko Noda — sworn in just one day before Talas made landfall — vowed the government would provide as much assistance as quickly as it could.

"I have no place to sleep when I go home today. My family is not there."

SHINICHI TERAMOTO,
MAYOR OF NACHIKATSUURA



► Floodwaters due to downpours from Typhoon Talas swamp a residential area in Kiho, central Japan.

"We will do everything we can to rescue people and search for the missing," Noda said.

The typhoon was the worst to hit Japan since 2004, when 98 people were killed or reported missing. It caused most of its damage on the Kii

peninsula in central Japan southwest of Tokyo.

The Japan Meteorological Agency predicted more heavy rain today in northern and western Japan, where the already sodden ground caused fears of more mudslides and floods. **THE ASSOCIATED PRESS**

Soggy Lee threatens flooding

Former tropical storm Lee dumped more than 30 centimetres of rain in New Orleans and spun off tornadoes elsewhere as its centre came ashore in a slow crawl north that raised fears of inland flash flooding in the Deep South and beyond.

Areas of Alabama, Louisiana and Mississippi near the coast reported scattered wind damage

and flooding, but evacuations appeared to be in the hundreds rather than the thousands and New Orleans' levees were doing their job just over six years after Hurricane Katrina swamped the city.

National Hurricane Center specialist Robbie Berg said Lee's flash-flood threat could be more severe as rain moves from the flatter Gulf region into the Appalachians.

Vermont is still cleaning up and digging out dozens of communities that were damaged last week when heavy rain from tropical storm Irene

flooded mountain rivers.

No deaths had been directly attributed to Lee, though a body boarder in Galveston, Texas, drowned after being pulled out to sea in heavy surf churned up by Lee. A man in Mississippi suffered non-life-threatening injuries when authorities said he was struck by lightning that travelled through a phone line.

Some of the damage on the Gulf Coast appeared to come from spinoff tornadoes that touched down in Mississippi and Alabama.

THE ASSOCIATED PRESS



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Mubarak trial erupts in chaos

DIMITRI MESSINIS/THE ASSOCIATED PRESS



► A woman holds a relative's photo at Mubarak's trial yesterday.

A senior police officer said there were no orders to shoot protesters in Cairo's

Tahrir Square in startling testimony yesterday at the trial of ousted President Hosni Mubarak on charges he was complicit in killing Egyptians involved in the uprising against his rule. Gen. Hussein Moussa said police were ordered to use only tear gas and rubber bullets and resorted to live ammunition only to protect police stations.

Outside the trial, hundreds of relatives of protesters killed in the uprising clashed with police and tried to force their way in. **THE ASSOCIATED PRESS**

Gadhafi reps sought arms: China

FRANCOIS MORI/THE ASSOCIATED PRESS

► Rebels seek improved ties with China

China confirmed yesterday that representatives of Libyan dictator Moammar Gadhafi visited in July in a bid to buy weapons, news that could further damage Beijing's relations with the new opposition government in Tripoli.

Although China insists no weapons were delivered, a spokesman for the Libyan opposition said there is evidence that Chinese companies shipped

weapons through Algeria to Gadhafi's forces after the outbreak of the uprising, in violation of a UN arms embargo.

Rebel military spokesman Abdel Raham Busim said documentation was still being collected and the new government was considering bringing legal action against Beijing, possibly at the United Nations.

THE ASSOCIATED PRESS



► A Libyan rebel looks at boxes of shell heads in a Libyan state industrial complex found by rebels in Crimea district, south of Tripoli, on Sunday.



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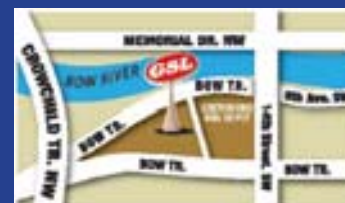
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Future 'bleak' for young workers, labour boss says

Canada could face a labour shortage within five years as baby boomers retire, even as a younger generation of workers confronts a future full of part-time jobs with poor pay and little in the way of a pension, observers say.

Sid Ryan, president of the Ontario Federation of Labour, said he's worried students graduating with a bachelor degree won't find good jobs so they can pay off student loans and build a future.

"The kids today cannot look forward to full-time, decent-paying jobs where you can afford a mortgage, a car," he said.

"We are fearful for young workers getting in right now. The future does look very bleak."

Employers are seeking bargaining concessions in two key areas, Ryan said: They want to pay new hires lower wages and offer defined-contribution pension plans — a controversial, lower-cost alternative to traditional defined-benefit plans.

Similar demands were

at the heart of recent labour walkouts across Canada.

A Harris-Decima Labour Day poll for career resources portal Monster.ca found that 40 per cent of Gen Y workers — people aged 18 to 30 — aren't working in their preferred field, while 16 per cent have changed jobs five or more times.

And more than one in three people in their 20s said companies don't provide sufficient mentoring or use younger workers to their potential.

After cutting payrolls for the past couple of years, Robert Waghorn of Monster.ca says employers should provide mentoring to retain employees, if only because it's costly to hire and train new workers.

"If they don't take notice what the Gen Y-ers and the boomers are saying about job security, work-life balance, then these guys are going to be walking out the door themselves on their decision," he said.

THE CANADIAN PRESS

Apple on the scent of lost iPhone prototype

► Company enlists the help of police to find new smartphone after employee misplaces it at a San Francisco restaurant

San Francisco police officers helped Apple Inc. investigators look for a missing iPhone 5 prototype that was left in a city restaurant in July, the police chief said, the second time in two years the company has lost an unreleased smartphone.

Police Chief Greg Suhr said four plainclothes officers accompanied two Apple investigators who searched a San Francisco home for the iPhone prototype.

The Apple employees conducted the house search after asking the resident's permission, and the officers did not enter the home, police said.

Apple tracked the smartphone to the home using GPS technology, but the gadget wasn't found there.

Sergio Calderon, who lives in the home, said he



► What was in those drinks, anyway? An iPhone 4 prototype was lost in a Redwood, Calif., bar by an Apple employee in March 2010. Now Apple is on the hunt for another smartphone prototype, this one left behind in a restaurant in San Francisco's Mission Hill district.

was led to believe all six people were police officers and would not have admitted the two investigators had he known they worked for Apple.

Apple officials would not comment on the case.

Suhr said it's not uncommon for police to help private investigators. He said he didn't know how the Apple employees presented themselves to Calderon.

"The reason we do civil standby is to make sure

there isn't a problem," he said.

Apple, based in Cupertino, Calif., is reportedly planning to release the new version of its popular iPhone this fall.

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Obama ready to unveil new jobs strategy

As September trading gets underway today, economists are looking ahead to Thursday night when U.S. President Barack Obama

unveils his jobs program.

Data for June and July showed 58,000 fewer jobs than projected were added to the U.S. economy. Some analysts are predicting Washington will offer tax incentives to companies to hire the unemployed.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil (Electronic trading)	Natural gas (Electronic trading)
Closed	No trading	- \$2.85 (\$83.60 US)	\$3.857 US (- 0.39%)
			Gold (Electronic trading) \$1,902.80 US (+ \$25.90)

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JESSICA NAPIER
METRO



Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at

leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence,

learning how to be alone is more important than ever.

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning

to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

Read more of Jessica Napier's columns at metronews.ca/shesays

'This misfortune has sparked something inside everyone'

NEWS WORTH SHARING

Facebook is more than just profile pictures, status updates and celebrity fan pages.

After a family lost their Airdrie home to a devastating fire in August, friend Amanda Metherrall

started a community Facebook group to collect furniture, house wares and more to help them settle into their new home.

"This misfortune has sparked something inside everyone in our little towns and inspired us all to give more of ourselves to others — to share our haves with those that

have none."

Amanda was so inspired by the community's response, she's now using the Facebook page to help others as well.

"This is what I want to do with the rest of my life. I want to help those in need. I hope that after this crisis there will be other families that we can help."

CRAIG AND MARC KIELBURGER

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Tweets

- ▶ **@whitebalu:** To the lady who left her baggage unattended on the opposite side of the airport: have u been living under a rock?!?! #duh #yyc
- ▶ **@laruenmacellan:** It sure is weird not being at the #LabourDayClassic. first year I haven't been in #yyc to take part in some way *tear*
- ▶ **@jmccontenti:** Really, really wish I was in #yyc holding a beer and a burger at the football game. Go Stamps! #labourdayclassic
- ▶ **@AznSensAzn:** Wow I swear to god #yyc drivers drove better before the #DistractedDrivingLaw came into effect!
- ▶ **@JDMSource:** Great weather for long weekend Monday in #yyc † hope everyone is enjoying their day
- ▶ **@abberdail:** Its a long weekend, and the weather is gorgeous here in #yyc! So, naturally, everyone is at the mall. #getout
- ▶ **@kimtergusson:** They're playing the Tron soundtrack at McMahon. #legit #yyc
- ▶ **@kateacheney:** Seems wrong 2 show the cooking channel in urgentcare waiting room when there is no food but vending machine #yyc and I've been here 2.5 hrs

Cartoon by Michael de Adder



WEIRD NEWS

Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey

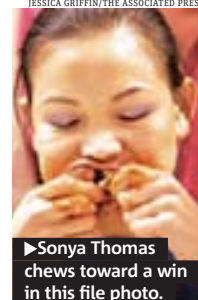
(Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

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▶ Sonya Thomas chews toward a win in this file photo.

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2

scene

Box office



According to studio estimates Monday, the acclaimed drama *The Help*, about Southern black maids, took in \$19 million over the long holiday weekend.

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Pacino calls his *Wile Salome* an 'ambitious and complicated' cinematic gesture.



► Tom Hardy, left, and Joel Edgerton star in *Warrior*.

Training to be a warrior

► Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family



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METRO WORLD NEWS IN HOLLYWOOD

For *Warrior*, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cage-fighters on screen doesn't mean either is ready for a career change. "Any one of

you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role, Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says.

If leaked online footage is any indication, the quiet

guy taking Hardy down these days is Christian Bale, whose *Batman* goes toe to toe with Hardy's freakishly strong Bane in the *Dark Knight Rises*, currently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's *Batman* films isn't the first time Bale has gotten in Hardy's way, so to speak, as *Warrior* was originally set to come out last year, but an unfortu-

nate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called *The Fighter* came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale

obviously is going to win an Oscar, so let's not put ours out now."

How big of a delay are we talking? Hardy actually filmed *Warrior* before joining Nolan's *Inception*. So while *Warrior* and the *Dark Knight Rises* have meant lots of weight training for Hardy, he's had some rest in between. "It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition.

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Ben Mulroney

What was your most memorable interview?

Hands down, it was my recent sit-down with Lady Gaga. To be able to spend an entire day with the biggest pop star on the planet and discover so much about her — from her inspiration, to her professional highs and lows — was so satisfying.

She was so honest, so candid and so truly down-to-earth that I actually felt that I learned something by the time it was done. To conduct an interview that goes beyond promoting an album or pushing a product, and to do so with someone like Lady Gaga, was a gift.

Looking back, what is your most embarrassing moment/interview?

Easiest question to answer: introducing Russell Peters as Russell Simmons. On the Juno Awards red carpet. In my defence, someone had said earlier that day: "whatever you do Ben, don't confuse Peters with Simmons!"

They got in my head and I, of course, enjoyed a truly embarrassing moment on live TV. Add to that, Russell milked that moment for a year until the next red carpet when I introduced him — deliberately — as Richard Simmons.



Tanya Kim

What was your most memorable interview?

I'm fortunate to say I've experienced a number of memorable interviews, but if one were to really stand out, it would have to be the time I spent with Jamie Foxx in Las Vegas. I feel as though it was truly one of the rare times when there really was no barrier between journalist and interviewee.

Jamie was warm, charming, funny, really giving of his time and possessed a wonderfully positive energy. He was the same person when the cameras were rolling and when they weren't. He shared story after story with me as if we were just two old chums reconnecting... I still have warm fuzzy feelings when I think of this interview.

Looking back, what is your most embarrassing moment/interview?

Truthfully, there's not one moment in particular that comes to mind — if there was I would share it with you, absolutely!

I'm a bit of a klutz, I like to goof around and have probably done a "few" (ahem) embarrassing things in my time... which is why it's a good thing I don't take myself too seriously! • METRO

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The View looks best from the very top

► With Oprah gone, Walters' show poised to win ratings

ABC, IDA MAE ASTUTE/THE ASSOCIATED PRESS



► The View starts its 15th season today on ABC.

With Oprah Winfrey gone, daytime television is ready for a new monarch.

Barbara Walters and the show she invented 15 years ago, The View, pronounce themselves ready to step up. She may be past 80 now, but would YOU bet against her?

The show begins its new season today, with New York City Mayor Michael Bloomberg as guest. In a muddled daytime picture, The View plans to compete aggressively for displaced Winfrey viewers with a more topical feel, aggressive booking of guests and a few pages ripped from Oprah's playbook.

"Oprah was the only other show that did some of the things that we did," said Bill Geddie, executive producer. "Quite honestly, some of the people that we might have gotten second, we'll be getting first now."

The View has just as much chance as any to become the daytime talk leader. Late afternoon, where Winfrey's show ran across most of the country, is considered a more desired time slot than the 11 a.m. home of The View. But a big mixture of personalities like Dr. Phil, Ellen De-

"Quite honestly, some of the people that we might have gotten second, we'll be getting first now."

BILL GEDDIE, EXECUTIVE PRODUCER, THE VIEW

Generes, Anderson Cooper and Dr. Oz will now be competing in the afternoon, some of them new to their time slots or new to the business, and none goes in with a huge advantage in the ratings, said Bill Carroll, an expert in the daytime market for Katz Media.

Meanwhile, The View is a fixture at its time of day. "Consistency always works in your favour," Carroll said.

Geddie noted that no 11 a.m. show has ever been the top daytime talk program, and he seems eager for the challenge of changing that.

The time slot was no real prize back in 1996. ABC had a string of failures there before asking Walters to come up with an idea for a show. She thought of presenting a handful of women with diverse backgrounds and opinions, pri-

marily an entertainment show. Still busy at ABC News, Walters appeared only two days a week and asked Meredith Vieira to be moderator, a role now held by Whoopi Goldberg.

Only 60 per cent of ABC viewers could see the show at first, and Walters remembers spending much of her first year cajoling station managers across the country to carry it. Now The View is seen virtually everywhere on ABC.

The View evolved to become more topical and opinionated as the years went on, a progression that is continuing. The Sept. 9 show will feature former New York Mayor Rudolph Giuliani and focus on the 10th anniversary of the terrorist attacks. Former Vice-President Dick Cheney and GOP presidential candidate Jon Huntsman are each scheduled to appear in the first month.

Such guests co-exist with the popular "hot topics" opening segment, where Goldberg, Walters, Joy Behar, Elisabeth Hasselbeck and Sherri Shepherd kick around the day's water-cooler subjects.

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LAPTOPS FOR SCHOOL

WHEN IT COMES TO LAPTOPS, THE OPTIONS RANGE FROM A SIMPLE NETBOOK TO A FULLY-LOADED LAPTOP WITH A LARGE SCREEN. HERE'S HOW TO MAKE THE RIGHT PURCHASE AS YOUR KIDS HEAD OFF TO SCHOOL.

1. DECIDE ON A LAPTOP: Most college students will get by with a PC laptop that includes software standards like a word-processing program for all those essays or a spreadsheet program for advanced math classes. If your child is studying graphic or Web design, however, they might need design software and a Mac, the platform that still tends to be favored by creative fields. A netbook might be suitable if they're only writing papers and surfing the Web.

Not every laptop is created equal, so it's helpful to know how to read the differences:

• **Memory:** How much do they need? Probably enough to store items often found on college laptops like MP3s or photos of friends. And depending on their major, they may need extra hard drive space for original creations such as large graphic design files, movies or digital music scores. Consider a laptop with 1GB to 2GB of memory depending on how they'll use the laptop.

• **Size:** What's more important: portability or screen size? Most kids will want a lightweight laptop so they can easily lug it along with the books. But some will prefer the larger 15-inch screen that can make the laptop heavier.

• **DVD burner or multimedia features:** Do they need these extras? For example, do they need a burner to make DVDs for assignments? Or do they need multimedia must-haves like a graphics card with extra memory or connectors, such as S-Video? Chances are this feature will come in handy for presentations they may have to give.

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3. TALK ABOUT PASSWORDS: To play it safe, urge your kids to protect their laptops by setting a login password they have to type.



and to letters. consider is laptop working in public get a laptop lock to a table or desk. unattended even. In general, loaning not a good idea - download materials college network's music or software in an unlocked car having it stolen.

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before gaining access to any files. They should also change all their passwords often. Advise them to use

passwords that don't include real words or personal information, and that do include numbers and symbols in addition. The other issue to watch for is spaces. If they'll be using their laptop for a few minutes, logging out their laptop is a good idea. Their friends could also be against their policy (like pirated software) or could leave it on or dorm, risking

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Hanna
Genre: Action
Director: Joe Wright
Stars: Saoirse Ronan, Cate Blanchett, Eric Bana

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These wildly disparate elements successfully blend in part because director Joe Wright doesn't force them, at least until the theme park denouement where Cate Blanchett is literally framed by her wolf metaphor.

There's natural interplay between the almost medieval world we're presented with at the outset and the modern one it turns into. Contradictions collide and connect in the screenplay, much the way the throbbing score by the Chemical Brothers suggests both innocence and menace.

What really pulls the package together, however, is the chase between Saoirse Ronan's feral title anti-hero and Cate Blanchett's bloodless CIA agent Marissa.

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Extras include deleted scenes, an alternate ending and director's commentary.

● PETER HOWELL

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The film's two main characters, James McAvoy's Charles (later Prof. Xavier) and Michael Fassbender's Erik (later Magneto), seem like char-

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Stars: Juliette Binoche, William Shimell, Jean-Claude Carrière

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For his first film made outside his native country, and his first in English (but there's almost as much French and Italian), is the Iranian auteur simply playing an elaborate joke? It's possible to enjoy Certified Copy as simply an intellectual exercise, as I initially did; a second viewing prompted much deeper and more satisfying thoughts.

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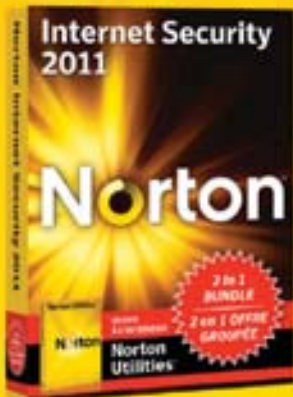
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ONLINE AND PHYSICAL SECURITY.



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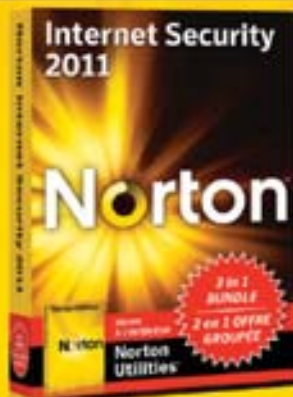


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Celebrity tweets



Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.



@MrsLRCooper

@ActuallyNPH

I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.



@mindykaling

I'm not wishing Beyonce happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends



@DannyDeVito

Zoe Saldana is cool even when she's not blue



Wedding shout-out for Winehouse

Mark Ronson took a moment while celebrating his recent wedding to model Josephine De La Baume to acknowledge one absent guest: Amy Winehouse.

"Amy was a great friend of both Mark and Josephine and they would have been thrilled to have her with them at their big day, but sadly it wasn't to be," a source says, according to Us Weekly.

"Amy would definitely have sung one of her hits at the wedding if she were still alive, as she meant so much to both of them.

"Her death devastated the pair of them."

● METRO

Madonna's new film in need of a prayer

Madonna brought her directorial debut, W.E., to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simp-

son and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak perform-

ances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. ● METRO



► Madonna

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► Jennifer Lopez

Is there beef on the set of Idol?

Tensions are high at American Idol as Jennifer Lopez and Steven Tyler prepare for the second season as judges.

"Me and Randy (Jackson) and Steve got into our first fight. I got really, really upset," Lopez tells Ryan Seacrest during a radio interview.

The row was apparently over the audition of a female singer whom Lopez found impressive but Tyler and Jackson wanted to dismiss.

"She was amazing," Lopez says. "I thought I was being Punk'd. How can we let this girl go? I was upset." ● METRO

Oscars may be in cards for Eddie

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The Shrek star is reportedly at the top of the list for director Brett Ratner, who is producing the awards show, and Murphy is said to be "showing interest," sources say.

Murphy nearly secured Oscar gold himself for his role in Dreamgirls, but many believe his poorly received comedy Norbit, released during Academy voting, dashed his chances.

● METRO

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► Eddie Murphy



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Fifty years after the diet that made her rich, Weight Watchers founder remains slim

Last resort for addiction: Intervention

► New Canadian show takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour ► Based on the Emmy-nominated U.S. show



CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show *Intervention Canada*.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention.

The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up want-

By the numbers

While *Intervention Canada* is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

ing to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently.

For more information on the show, visit slice.ca/interventioncanada.



► Andrew Galloway, one of the interventionists on *Intervention Canada* and himself a recovered addict.

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Digging up the roots of good health

- Long before Western, Chinese and homeopathic medicine, there was ayurveda, an ancient Indian health science
- Model-turned-ayurveda yoga therapist 'Yogi' Cameron Alborzion talks us through the technique and its benefits



**ROMINA
McGUINNESS**

LIFE@METRONWS.CA

METRO WORLD NEWS IN LONDON

The roots of ayurveda

If yoga was developed as science to bring balance and control to the mind, ayurveda is the sister science developed for the practitioner to bring balance to the body.

"Ayurveda is the science of life and the oldest medicine we know of," says yogi Cameron Alborzion. "We live in a society that's all about ego, changing nature, altering food and needing to know the purpose of everything. It's all about bringing balance to and cleaning the body."

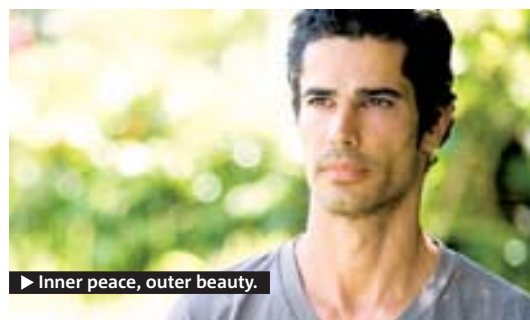
The theory goes, we cannot perfect nature so we should live in line with it instead. Nothing should be artificial or chemically enhanced; rather, we should use what comes out for the ground as medicine and food. Food should be seasonal and you should eat nothing packaged or frozen or that has been in a microwave. Anything that has altered the original state of what you put in your body is considered toxic.

Ayurveda versus modern medicine

Modern medicine finds people looking at the symptoms then running to the doctor for pills to make things better, whereas ayurveda teaches you to



► The yogi's balancing act.



► Inner peace, outer beauty.

read into your body and mind to define the cause of the disease-feeding symptom and treat the body to restore balance to the system as a whole. Without pills.

"Look at the body as a unit (body and mind) to diagnose what is out of balance and proceed to treat the symptom, going into the core of the pain and finding out where and why it began," explains Al-

borzion.

Look for the tell-tale signs that you are out of balance: Are you too hot, too cold, have a headache, feeling agitated? Are you sleeping enough?

Dinyacharia: Daily cleaning

Early morning, Alborzion completes "dinyacharia," the ayurvedic cleansing ritual that prepares you to take on the day.

"We live in a society that's all about ego, changing nature, altering food. ... (Ayurveda) is all about bringing balance to the body."

CAMERON ALBORZION

For you, that simply means spending time on yourself, opening the body through yoga and breathing, showering, brushing your teeth, oiling the body — these small steps root the mind and calm the senses. Attending to the body rather than downing a shot of coffee and heading out will lessen feelings of stress and agitation. Without this you will be at the mercy of the elements outside.

"We live in such an extreme way that we need to take care of ourselves daily. The body goes through everything you give; without dinyacharia, it doesn't function properly and goes dry," he adds.

Diet: Less is more

What you need to eat will depend on your height, stomach and nutritional needs.

"There's a big misunderstanding when it comes to food," says Alborzion. "We live in a society based on comfort where most people sit in an office chair and use up little energy. The average adult needs food as a source of energy, not for building and too much food blocks the system."

Keep away from toxic foods that don't add anything to the body, as they will only cause your system to waste energy eliminating them. Avoid dairy (too much can create a build-up of mucus), alcohol, and canned, processed or packaged foods. Eat food with high water content such as fruits and vegetables and drink plenty of water and herbal teas throughout the day. Alborzion's favourite herbs include mint, chamomile, ginger, cinnamon, saffron, turmeric, pepper and liquorice.

"Only eat when you are hungry and thirsty and once the previous meal has been digested. Eat when calm and not when in a rush," advises Alborzion.

Energy and the doshas

Our bodies are formed by three major constitutions, classified by energy types, called doshas. The relationship of a patient's three doshas will determine how best to proceed with achieving and sustaining greater health.

- **Pitta (fire)** energy drives us to achieve and accomplish goals and exhibit fiery qualities such as passion and anger. When excessive, it can cause indigestion, liver complaints, fatigue and bloating.
- **Kapha (water)** energy helps us feel grounded and helps us feel calm in stressful situations. When excessive, kapha can cause weight gain, diabetes and a feeling of lethargy.
- **Vata (air)** energy helps us explore creativity, express ourselves and remain in motion. When excessive, it can cause dry skin, insomnia, constipation and various nervous disorders.



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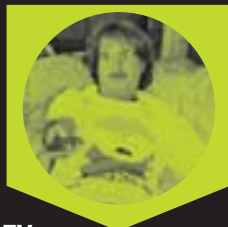
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Up and down

Bee venom botox

Ever since Kate Middleton's stepmother-in-law was reported to use a bee venom face mask, the beauty world has been buzzing with praise.



TV drama

A study shows that after the age of 25, every hour of TV watched might shorten lifespan by 22 minutes.

A scientific spin to great skin

► Dermatologists discuss what you might be missing from your skincare regimen



JANINE FALCON
LIFE@METRONEWS.CA

Dermatologist-developed skincare, such as Murad, Dr. Brandt, Dr. Perricone and SkinCeuticals, is a growing beauty category. Canada's expanding list includes blemish-clearing Kellett Skincare, by Dr. Lisa Kellett in Toronto; Riversol, a rosacea treatment line from Vancouver-based Dr. Jason Rivers; and anti-aging Miracle 10, by Dr. Frank Lista, who splits time between Toronto and Mississauga.

But beyond the medical association with dermatologist-created skincare, what sets it apart from other beauty brands? Higher concentrations of pharmaceutical-grade ingredients, as well as formulations tailored to the doctor's specifications, are usually differentiating

factors. For example, FormulaB, a new acne-easing trio of facial cleanser, toner and treatment cream by dermatologist Dr. Sandy Skotnicki, spins on four per cent benzoyl peroxide, a widely used acne-care antibacterial ingredient (standard drugstore level is two per cent).

Sometimes success comes from an ingredient rarely found in mass-produced products. Rivers based his Riversol for Rosacea formulation on a red cedar tree molecule he learned about via the department of forestry at the University of British Columbia.

Thujaplicin has antioxidant, anti-inflammatory and antibiotic properties; Rivers discovered its positive effects on rosacea when afflicted patients using Riversol, which



► Skincare developed by dermatologists is on the rise.

launched in 2006, started to report improvements.

In the case of SkinCeuticals, a high-profile line launched stateside in 1997, its groundbreaking research and technology put it on the skincare map. Known for potent antioxidant formulas the skin can absorb, the brand sprang from studies delving into

topical vitamin C and its properties.

"We've tested dozens and are able to get only four into skin: Ascorbic acid, alpha tocopherol, ferulic acid and phloretin," says chief medical consultant and co-founder Dr. Sheldon Pinnell. Ascorbic acid, a form of vitamin C, and alpha tocopherol, a form of vitamin

Where to buy

- Murad and Dr. Brandt, available at Sephora.
- Kellett Skincare, kellettskincare.com.
- Riversol, riversol.com.
- Formulab, formulab.ca.
- Miracle 10, miracle10.com.
- SkinCeuticals, skinceuticals.com, 1-877-238-8754.

E, work more efficiently in combination with ferulic acid to protect skin from age-inducing free radicals. Phloretin plus L-ascorbic and ferulic acids defends against free radicals, as well as repairs cellular damage.

SkinCeuticals is now owned by L'Oréal and became officially available in Canada via select dermatologist offices and spas just over a year ago.

Canadian Breast Cancer Foundation 25 Years CIBC

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- Secret hand gestures to concretize your thoughts into physical reality.
- Prosperity meditation especially designed to purge old lingering negative programming from childhood and simultaneously build a network of powerful psychic assistants to be interlaced into your aura to continuously attract prosperity and wealth even as you sleep.
- How to create the right physical environment to facilitate the programming of your mind and your aura.
- How to create channels and avenues for your desires to become a physical reality.

This course is being offered in Calgary on the 29th and 30th of October 2011.

To be eligible to do this course you need to finish Level 1, level 2, and level 3 Pranic Healing courses.

For details please visit www.bodhiwellbeing.com or call Dr. Jyoti Sunil Dekate at 403.452.1469.

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Raw food remains niche in Cowtown

► Gratitude Café makes you glad to eat your veggies

ANH CHU



► I am awesome: A dish of sunflower Thai salad with shredded coconut and pumpkin seeds stuffed into a pepper.

LUNCH RUSH

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Nearly all of Gratitude Café's dishes are vegan and gluten-free. Many are also raw.

It's a quirky place, as every table features a deck of cards or small board game. The menu is easy to read and organized into various levels of hunger. And the dishes are named as affirmative state-

ments.

"I am thrilled" was our sushi appetizer with quinoa, basil pecans and avocado (\$9). We liked the nuttiness, but the too-tightly packed rice made the dish dense.

My friend and I shared "I am awesome" (\$12), a raw, vegan and gluten-free sunflower Thai salad with shredded coconut and pumpkin seeds stuffed into a bell pepper. It was bold, spicy and memorable.

Next was "I am creating", a spicy lentil curry with rice, tortilla chips and

mixed greens (\$13). It was tasty but not as remarkable as I'd hoped.

We were too full for dessert and left feeling healthy and refreshed.

► **Gratitude Café**
#101, 227-10th St. N.W.
403-984-4433
gratitudecafe.ca
Reservations: Yes
Social lunch: Yes
Client negotiations: Yes
Lunch with co-workers: Yes
Quick solo lunch: Yes
Price range: \$8 - \$18
Rating: 3.5 out of 5

Blueberry Mini Muffins

THE CANADIAN PRESS/HO



Preparation:

1 Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.

2 In a medium bowl, combine flour and sugar. Make a well in the centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries;

spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

THE CANADIAN PRESS/B.C. BLUEBERRY COUNCIL

Ingredients:

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

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Colombia.....Best 3.9 ¢/min	Mexico.....Best 1.9 ¢/min	U.A.E.....14.9 ¢/min		
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El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min		
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India.....2.9 ¢/min	Russia.....Best 1.9 ¢/min			

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CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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FOR MORE, VISIT
CHARLES
MACPHERSON.COM

Hi Charles!

Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks! Niall, Manitoba

Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're try-



► The amount of cash to give as a wedding gift is often a source of confusion.

ing to raise money to cover the cost of the wedding! My golden rule has always been that you should feel comfortable giving what you can afford. It is unreason-

able for anyone to expect you to go into debt in order to give a present.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Hit the karaoke bar with your partner so you can hit the high notes together.

Ideas for your next date

1 Warm up your vocals for some musical fun!
Channel your inner crooner and belt out your favourite tunes at your local karaoke bar. Try an oldie-but-goodie like Rod Stewart's Do Ya Think I'm Sexy? or make like the cast of Glee and try Beyoncé's Single Ladies (Put A Ring On It). Nothing's sillier/sappier than

staring into each other's eyes and hitting (or trying to hit) those high notes!

2 First date do-over
Go on your first date all over again! Hit the kitschy restaurant where you first gazed into each other's eyes, and those wild butterflies will be flitting around your tummy in no time!

3 Experience the thrill of the hunt

Indulge your inner voyeur and check out some local open houses. Explore houses you've had your eyes on. While you might not be able to make the leap just yet, there's no harm in a little dream decorating!

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DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Author Jennifer Close has been to a lot of weddings. And engagement parties. And bridal showers. And bachelorette soirées. But then again, you'd be hard-pressed to find any 32-year-old who hasn't.

Such is the social life of most post-grad women, an

era Close deftly captures in her debut novel, *Girls in White Dresses*, which follows a group of women as they navigate the wilds (and subsequent hangovers) of their 20s and 30s — and yes, go to a ton of weddings.

"I was writing it one summer when I had 10 weddings to go to and was in three of them. It was sort of all we talked about," Close says from her home in Washington. "It's that

time of your life when it overtakes you."

Her weekends were booked and her bank account drained, but the nuptials gave Close a gift — a way to pull together the vignettes she was working on. "After I got my MFA, I started working at a magazine (Portfolio) and it was so busy that I stopped working on my own stuff," she remembers. "But slowly, these stories

started coming out. And after it folded, I had the time to work on them. I realized weddings would be a good way to tie together their lives."

Close's publisher is betting that the mixture of Close's sardonic, well-crafted female characters and the all-too-familiar feeling of wedding fatigue will capture a large audience; it's one of Knopf's biggest releases of the fall.



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BACK IN THE GROOVE

RETURNING TO SCHOOL MEANS FINDING ROUTINE FOR ENTIRE YEAR

Getting back into a college or university routine can be tough whether you are coming back from the summer break or returning to education for the first time in years.

Jason Hunter, dean of students at Toronto's Humber College, says the first step should be going to orientation week, a.k.a. Frosh Week.

"People have a perception that orientation is a week of fun and partying, but, in reality, the orientation programs are intended to provide every student with an orientation to the campus and the resources available," he says. "It connects students to each other and to faculty."

If you skip orientation week and try

INVESTMENT

Post-secondary education can cost a lot up front, but experts say it is an investment that will amortize over many years. According to the Ontario Ministry of Training, Colleges and Universities, post-secondary graduates earn \$1 million more over their lifetime than those without degrees or diplomas. It says the unemployment rate for post-secondary graduates is seven per cent. For high school graduates, it's nine per cent; among high school dropouts, it's 15 per cent.

to orient yourself later, you will find it much harder and will miss lots of stuff.

"You should recognize all of the resources that are available to you at any college or university. You've effectively already paid for them through your tuition — take advantage of them," Hunter says.

When it comes to budgeting time and

money, think not just for the first week, but the whole year. "They may have all that (funding) up front and the temptation (to blow it)," Hunter says.

Instead, divide the money by eight months and stick to that budget.

If your classes have regular tests, you might not have to worry about time management, but if it's slanted to end-of-year work, you need to budget your time so you stay on track from the start. Your school may have programs to improve your budgeting skills.

Rachel Bouska of Alberta's Department of Advanced Education and Technology says going back to school can be especially disorienting if you are an adult returning after a gap of years, perhaps since high school.

Bouska says a lot of back-to-school stress is caused by finances, so students

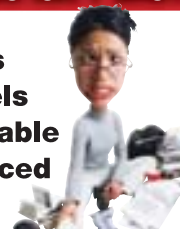
should explore what help is available. There are plenty of academic and athletic scholarships and bursaries for students, and some go unclaimed. Check with your provincial government and post-secondary institution to see what financial help you qualify for.

"There are always supports in place," she says. "A post-secondary education is one of the best investments someone could make."

— Jon Tattrie

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Earning extra money without working full time is a lot more convenient than you may have thought.

H&R Block Tax Training School is ready to help make that happen for anyone looking for a part-time career that works around your already busy schedule. "Many of our tax associates who already have jobs come to work with us to earn extra money," says Cindy Hume, District Manager in Training for H&R Block, Calgary.

Hume says the program is also popular among stay-at-home moms and dads, retirees, students and newcomers to Canada.

Students will learn how to file tax returns, help others to file their returns, minimize tax liability, and plan tax strategies to save money, and much more. "With this basic class, you not only will learn tax theory but you will also be taught how to apply that theory," says Hume.

Students who complete the course



ISTOCKPHOTO/THINKSTOCK

FLEXIBLE CLASSES

H&R Block's tax preparation classes are held during the day, evenings and weekends to allow for maximum flexibility.

The class runs for 11 weeks, twice a week for three-hour sessions, or students can choose to take the class on the weekend for six hours.

Registration begins now for classes starting in mid-September.

with a grade of at least a 70 per cent will receive a Certificate of Accomplishment.

Although employment is not guaranteed after the course is completed, many students are granted interviews.

If a student qualifies for employment at H&R Block after completing the course, they are then able to take the advance tax classes available to employees.

Once your training is complete, it is easy to find an H&R Block location close to your home, school or even other job.

— Candice Ward



DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

THE ACADEMY OF LEARNING OPENS SECOND LOCATION

SCHOOL TAILORED TO FIT STUDENTS

Learning just got a lot more convenient. The Academy of Learning recently opened its second Calgary location at #220, 8228 McLeod Trail South, and is now accepting students.

"The programs are tailored to fit your schooling around your life," says Heather Harcott, spokeswoman for the Academy of Learning.

The Academy of Learning offers a variety of programs in business, health care and technology, and most of the

programs offer a flexible schedule. There are more than 30 certificate and diploma programs to choose from. "You decide how you want your learning experience," says Harcott.

Start times for most of the programs are flexible and enrolment is continuous, so students can begin their studies almost immediately. Specialized programs such as Medical Office Assistant and Pharmacy Technician do have set start dates due to classroom set-ups.

A Grade 12 diploma or equivalent, or mature student status is required for admission, along with a good command of the English language.

— Candice Ward



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FOOTHILLS STRIVES TO HELP CHILDREN

Parents struggling with a child who is having problems in school may be able to find the answers at one Calgary school.

Foothills Academy (FHA) has been helping students with learning disabilities overcome their challenges for the last 32 years.

"We strive to help these kids reach their potential," said Kris Lenehan, program coordinator at Foothills Academy.

Established in 1979, FHA was the first of its kind in Alberta and one of the first in Canada for children with learning disabilities.

For students in elementary to high school, FHA offers provincially approved programs for all of its students within a private school setting.

Students will learn to concentrate, complete tasks, establish homework routines, and improve academic skills, some for the first time.

FHA treats each child as an individual and works with each child's unique learning needs to help them achieve their education goals.

"We give our students the tools they need to succeed," said Lenehan.

FHA requires children to have average or above average intellectual capacity, have no primary emotional problems and be functioning significantly below their expected grade level in a number of academic subjects.



FOOTHILLS ACADEMY PHOTO

EXPANSION ON TAP

Foothills Academy is now expanding to accommodate more students.

Already able to accommodate 200 students, the expansions will allow for another 100 students and community services such as workshops, assessments, tutoring, and summer camps will also be expanded.

The expansion will begin this fall and will be ready for fall 2012.

FHA will not refuse any child based on their family's financial circumstance.

To view admission requirements and fees, go to foothillsacademy.org, or visit during the school's next open house.

— Candice Ward

DON'T FALL INTO THE SAME STUDENT TRAP

Some don'ts of post-secondary life:

"DON'T CRAM" — All students do it, but Eyob Melketsadik, a psychology major at Grant MacEwan University in Edmonton, cautions against it. "Maybe you'll pass the test, but you aren't actually learning anything," he says. Study frequently and it won't necessitate cramming.

"DON'T SPEND YOUR STUDENT LOAN IN ONE DAY" — A

student loan might seem like a financial windfall, but it's meant to last a while, so it's crucial that students budget their money appropriately.

"DON'T FORGET TO EDIT YOUR OWN WORK" — Kaylene McTavish, a third-year public relations student at Mount Royal University in Calgary, recommends editing assignments at least three times before submitting them.

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H&R Block knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

Classes begin mid-Sept. You may choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.

The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations, starting dates, tuition, etc.

Tax Training School begins September 14th, 2011.

Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.

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Enrollment restrictions may apply. Enrollment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.



THE RIGHT DIRECTION

MOUNT ROYAL UNIVERSITY PHOTO

MOUNT ROYAL POINTS WAY FOR BUSINESS OWNERS

Calgary sees about 40,000 business starts each year, with many of them failing. Through the Entrepreneurship Certificate of Completion, Mount Royal University wants to point those looking to start their own small business in the right direction.

"Taking even one of these courses will help to avoid the common pitfalls and get you on the right road," says Karen McCarthy, spokeswoman for the Faculty of Continuing Education at MRU.

"(These programs) help clear away

INFORMATION SESSION ON TAP

Take part in MRU's informative session Sept. 7 from 5:30-7 p.m. to learn more about the Entrepreneurship Certificate of Completion.

This information session is perfect for anyone looking to start a small business, working on a business plan or those who are already running a small business and need a little guidance.

Presenters will be on hand to answer your questions. Call 403-440-5069 for more information.

the fog and get them in the right direction," says McCarthy.

Students are not required to take all six classes, but may take just one or any that apply to their needs.

These classes will teach you how to develop a successful marketing plan, complete your business plan, financial planning, and management for a small business.

"A lot of people have come through the doors and gone on to start their own businesses and been quite successful," says McCarthy.

McCarthy says one of the major benefits to this program is that it is put together and instructed by small business owners and people who have had real experience running a small business in this market.

"You can learn from their mistakes and successes," says McCarthy.

Classes start Sept. 24.

— Candice Ward



MOUNT ROYAL UNIVERSITY PHOTO

TIME TO UPDATE SKILLS

Back to school is not just for the kids. Mount Royal University Continuing Education is urging those looking to update or learn new skills to pack up their backpacks and start hitting the books at Mount Royal.

"You can study at your own pace," says Karen McCarty, spokesperson for the Faculty of Continuing Education at MRU.

With a vast menu of programming options, MRU Continuing Education offers more than 1,500 individual courses and 45 certificate programs.

"These programs help people update their skills for the workplace and their personal lives," says McCarthy.

Serving more than 4,000 students per year, students can choose from programs in oil and gas, arts and design, business and management, and many more.

A variety of the Extension Certificates have been developed in co-operation with the Mount Royal Credit Faculties and have components that are transferable into a number of diplomas, applied degrees and degrees.

Admissions for fall programs have already begun and course guides can be found on a number of newsstands throughout the city, as well as online.

There is no deadline to apply unless indicated in the course description.

— Candice Ward

PATIENTS ARE IN FOR A TREAT AT MRU'S NEW HEALTH CLINIC

Mount Royal University welcomes back all of its continuing education programs back to one campus this fall.

The Centre for Complementary Health and Education (CCHE) has returned to the MRU main campus after spending the last 12 years at the old Holy Cross Hospital.

"It is a real advantage to us, as it brings all of our programs under one roof," says Karen McCarthy, spokeswoman for the Faculty of Continuing Education at MRU.

The CCHE is now located out of the Roderick Mah Centre for Continuous Learning on the Lincoln Park Campus, or the main campus.

For members of the public who used to receive treatments from some of these programs through the student's practicums, treatments are still available at the new centre.

Boasting a new facility, with state-of-the-art equipment, McCarthy said the patients are in for a treat at the new clinic.

"The clinic is brand, spanking new," says McCarthy.

The CCHE offers a number of health-related programs, including massage therapy, Bowen therapy, yo-



MOUNT ROYAL UNIVERSITY PHOTO

ga therapy, medical terminology and many more.

MRU will soon be offering a Spa Therapy program at the new location.

This program will train students the latest spa techniques and treatments and the business end of running a spa.

Limited massage appointments are being booked at the new practicum location on the main campus.

Appointments are being taken Monday to Thursday from 5:45-7:10 p.m., and Saturdays from 9:45-11:15 a.m.

The cost of each hour-long session is \$30 and the money goes towards student scholarships and local charities.

To book an appointment, call 403-440-6866.

For more information, go to the continuing education section on the MRU website.

— Candice Ward

BOOTSTRAPPING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market.

But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. And, work experience will make you highly marketable to employers!

If a job related to your field of study isn't available, try another industry. Eclectic experiences look great on a resumé and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Whatever you do, work hard, add

value, be personable and get references.

Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses (big and small).

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income. You're also entitled to receive a GST/HST credit, which can amount to hundreds of dollars in cash. If you're using student loans, you can claim federal and provincial tax credits for the interest paid throughout the year.

Paying for school is difficult and it takes time to chip away at loans. But you're making an investment in your future. Education will open doors for you in terms of your career and lifestyle.

Meet your credit score

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Phooey to New Year resolutions. My vote for the best time to become a better person while working for world peace is the fall with its energizing cooler months.

But before you take on the world and its problems or even your own BMI (body mass index), focus on an issue of financial health first — your credit score.

It is as important to your financial life as your weight is to your physical well-being.

There are actually two parts to a credit rating. The first is your score.

The bottom line is this: a FICO score of more than 650 means you will likely qualify for most standard loans including a mortgage, line of credit and car loan.

"Check your credit report annually to avoid surprises when applying for mortgages and other loans."

-ALISON'S MONEY RULE

Less than that will probably send you into the arms of higher interest rate lenders. Aim for a score of 700 to give you some leeway.

The second part of your credit rating is your profile — debts, available credit, late payments, closed accounts and other details of your financial life.

It is very important to check your score and profile annually, so make a resolution this very minute to do it before the leaves turn to red and gold.

There are a lot of myths associated with credit scores. Here are three:

1. **Checking my score negatively affects my credit rating.** Nope. Your own inquiry is called a soft-check and doesn't change anything.
2. **Closing old accounts or credit cards will improve my score.** No again. Simplify your financial life by all means, but you are usually better off closing newer accounts



or cancelling newer cards.

Retaining recently opened cards and accounts may make it appear you have a short history and a lengthy (good) history is what boosts your score.

3. **As long as I pay all bills and make minimum payments on credit cards my score will be high.**

And another no. A key component of your score is available credit.

Try to use not more than 50 per cent of your credit card or line of credit limits. Better yet, pay off your balance every month.

You can access an abbreviated credit report free from equifax.ca or transunion.ca.

A full report plus your score will cost just under \$25. **CONTACT ALISON AT**

WWW.ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Stop shaking your piggy bank — shake up old habits instead

Remember what your first savings account looked liked? It was probably a piggy or a giant baseball with a slot at the top. You'd shake it and money would fall out.

Then there was some running to the corner store for candy. And then soon enough, it was the sound you dreaded: that lonely coin rattling around inside a



completely empty plastic container. Why did I have only one penny left?

Old habits die hard. So let's shake something other than our empty piggy bank this year. Shake up our old habits. Don't spend so much money on lattes.

That \$600 fill-in-the-blank fad? It shall pass.

If you have some money to put away, try the new kid on the block: the Tax-Free Savings Account.

It's an investment vehi-

Cash in, baby.

Tax-Free Savings Account:

- ▶ \$5,000 in new contribution room every year.
- ▶ Buy different types of investments.
- ▶ Interest and capital gains you make are tax-free.
- ▶ Unused contribution room accumulates.

cle that's a bit more flexible than an RRSP, and a bit more lucrative than a plain old savings account.

NEWS CANADA

POPQUIZ

I keep reading news about a slowdown in the US economy — should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at **Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:



metro

4
sports

Quoted



"I was dreaming of that before. I was always telling myself before, 'One day, I'm going to be that guy.'"

NEW YORK YANKEES ROOKIE JESUS MONTERO, WHO HIT HIS FIRST TWO MAJOR-LEAGUE HOME RUNS YESTERDAY AGAINST BALTIMORE. FOUR GAMES INTO HIS BIG-LEAGUE CAREER, THE 21-YEAR-OLD CATCHING PROSPECT HAS MADE QUITE AN IMPRESSION. SINCE HIS DEBUT AT BOSTON LAST THURSDAY, HE'S BATTING .385 (5 FOR 13) WITH FIVE RUNS AND THREE RBIS.



Scan code for more sports news.

Stamps take gridiron 'vacation'

► Announced sellout crowd heads for exits early as Labour Day Classic ends in blowout

The Edmonton Eskimos ended a nasty losing streak by completely dismantling the hottest offence in the CFL.

Edmonton's defence held a Calgary Stampeders offence that averaged 38 points in their previous three games to just a converted touchdown in a 35-7 Labour Day Classic win yesterday.

The Eskimos made life miserable for Calgary quarterback Henry Burris while winning for the second time this season at McMahon Stadium. Burris was sacked three times and forced into committing four turnovers.

"Edmonton came here and played like a ticked off team and we went out there and were on vacation all day," Burris said. "I've got to play better. I started pressing towards the end when we weren't getting some things done and got a couple of interceptions."

"Hey, it's a long journey. There will be games like this throughout the season."

Edmonton vaulted into a tie with Calgary at 6-3 atop the CFL's West Division, but rank higher because they're 2-0 versus the Stamps this season. The two clubs meet again for the final time this season on Friday in Edmonton.

The Eskimos were coming off their bye week and ended a three-game losing streak with the win, while ending Calgary's winning streak at four.

"When you're not playing well and on a three-game skid, there's not a lot to be happy about," Edmonton quarterback Ricky Ray said. "We're playing the hottest team in the CFL in



► Calgary quarterback Henry Burris gets tripped up by Edmonton's Rod Davis yesterday.

their place in a Labour Day game and to come out with a big victory, it's big for us to get back moving in the right direction."

Edmonton backup quarterback Kerry Joseph, Andrew Nowacki and Adarius Bowman scored touchdowns for the visitors in front of 35,650 spectators on a hot, sunny day at McMahon. Fans began to leave at the start of the fourth quarter when it was apparent the hosts couldn't catch Edmonton.

Derek Schiavone kicked field goals from 46, 20, 42



and 22 yards and punter Damon Duval had single points from 79 and 67.

Nik Lewis scored Calgary's lone touchdown in the first quarter.

Edmonton had several

"Edmonton came down here a hungry football team and they took it to us."

STAMPEDERS HEAD COACH JOHN HUFNAGEL

starters out of their lineup due to injury during their skid. Two returned yesterday and were impact players. Both linebacker Greg Peach (knee) and receiver Bowman (ribs) hadn't played since July 23 when the Eskimos beat the Stamps 24-19 in Calgary.

Burris completed 13 of 23 passes for 132 yards and one touchdown. Backup Drew Tate replaced Burris midway through the fourth quarter and completed a pass on three attempts for 19 yards.

With better protection, Ray was 14-for-21 for 131 yards and two touchdowns. Joseph was 3-for-4 for 36 yards and third-stringer Eric Ward completed a pass for a yard.

Calgary didn't help their cause with 130 yards in penalties to Edmonton's 62.

THE CANADIAN PRESS

Williams reaches quarter-finals

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.

Williams closed out the match with four straight serves that Ivanovic could-

n't get back — clocked between 99 and 111 mph in a blustery Arthur Ashe Stadium that had both players fighting with their tosses and topspin all day.

"I didn't even go for winners at any point," said Williams, who hit only 16.

"I just tried to get it over because it was so windy. It

was definitely tough."

The top player on the men's side, Novak Djokovic, opened his fourth-round match with a thrilling 16-14 first-set tiebreaker win over No. 22 Alexandr Dolgoplov. Things got easier from there in a 7-6 (14), 6-4, 6-2 victory. THE ASSOCIATED PRESS

PEYTON MANNING

Iron man no more?

The unthinkable suddenly seems possible in Indianapolis — opening the season without Peyton Manning.

The four-time league MVP who has never missed a start in his NFL

career is doubtful for Sunday's game at Houston because of lingering soreness in his back following off-season neck surgery.

If Manning sits, it would be the first time the NFL's active iron man missed a meaningful game after 227 consecutive starts including the playoffs.

THE ASSOCIATED PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	86	53	.619	—
Boston	84	56	.600	2½
Tampa Bay	77	63	.550	9½
Toronto	70	71	.496	17
Baltimore	55	84	.396	31

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	79	62	.560	—
Cleveland	70	68	.507	7½
Chicago	70	69	.504	8
Kansas City	59	83	.415	20½
Minnesota	58	83	.411	21

WEST DIVISION

	W	L	Pct	GB
Texas	80	62	.563	—
Los Angeles	77	64	.546	2½
Oakland	64	77	.454	15½
Seattle	58	82	.414	21

Yesterday's results

Toronto 1 Boston 0 (11 innings)
Chicago White Sox 2 Minnesota 1 (1st game)
Detroit 4 Cleveland 2
Kansas City 11 Oakland 6
N.Y. Yankees 11 Baltimore 10
Tampa Bay 5 Texas 1
Chicago White Sox 4, Minnesota 0, 2nd game
L.A. Angels 7 Seattle 3

Sunday Results

N.Y. Yankees 9 Toronto 3
Cleveland 9 Kansas City 6
Detroit 18 Chicago White Sox 2
L.A. Angels 4 Minnesota 1
Oakland 8 Seattle 5
Tampa Bay 8 Baltimore 1
Texas 11 Boston 4

Saturday Results

N.Y. Yankees 6 Toronto 4
Boston 12 Texas 7
Detroit 9 Chicago White Sox 8
Kansas City 5 Cleveland 1
L.A. Angels 10 Minnesota 6
Oakland 3 Seattle 0
Tampa Bay 6 Baltimore 3

Tonight's games

Baltimore (Tom.Hunter 3-2) at N.Y. Yankees (P.Hughes 4-5), 7:05 p.m.
Detroit (Porcello 12-8) at Cleveland (Carmona 6-13), 7:05 p.m.
Boston (Lester 14-6) at Toronto (L.Perez 3-2), 7:07 p.m.
Texas (C.Wilson 14-6) at Tampa Bay (Niemann 9-6), 7:10 p.m.
Chicago White Sox (Peavy 6-7) at Minnesota (Hendriks 0-0), 8:10 p.m.
Kansas City (Duffy 3-8) at Oakland (Gonzalez 12-11), 10:05 p.m.
Seattle (F.Hernandez 13-11) at L.A. Angels (E.Santana 11-9), 10:05 p.m.

Tomorrow's games

Detroit at Cleveland, 12:05 p.m.
Baltimore at N.Y. Yankees, 1:05 p.m.
Texas at Tampa Bay, 1:10 p.m.
Kansas City at Oakland, 3:35 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	89	48	.650	—
Atlanta	82	58	.586	8½
New York	68	71	.489	22
Washington	65	74	.468	25
Cleveland	63	77	.450	27½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	85	57	.599	—
St. Louis	74	67	.525	10½
Cincinnati	69	72	.489	15½
Pittsburgh	65	76	.461	19½
Chicago	61	80	.433	23½
Houston	47	94	.333	37½

WEST DIVISION

	W	L	Pct	GB
Arizona	81	60	.574	—
San Francisco	74	67	.525	7
Los Angeles	68	72	.486	12½
Colorado	66	75	.468	15
San Diego	61	80	.433	20

Yesterday's results

Arizona 10 Colorado 7
Chicago Cubs 4 Cincinnati 3
Milwaukee 4 St. Louis 1
Pittsburgh 3 Houston 1
San Francisco 7 San Diego 2
Washington 9 Atlanta 0
Florida 9 N.Y. Mets 3

Sunday Results

Arizona 4 San Francisco 1
Atlanta 4 L.A. Dodgers 3
Chicago Cubs 6 Pittsburgh 3
Cincinnati 3 St. Louis 2 (10 innings)
Florida 5 Philadelphia 4 (14 innings)
Milwaukee 4 Houston 0
N.Y. Mets 6 Washington 3
San Diego 7 Colorado 2

Saturday Results

Arizona 7 San Francisco 2
Colorado 5 San Diego 4
Florida 8 Philadelphia 4
L.A. Dodgers 2 Atlanta 1 (10 innings)
Milwaukee 8 Houston 2
Pittsburgh 7 Chicago Cubs 5
St. Louis 6 Cincinnati 4
Washington 8 N.Y. Mets 7

Tonight's games

Atlanta (T.Hudson 14-8) at Philadelphia (Worley 10-1), 7:05 p.m.
Houston (Myers 3-13) at Pittsburgh (Lincoln 1-1), 7:05 p.m.
L.A. Dodgers (Lilly 9-13) at Washington (Strasburg 0-0), 7:05 p.m.
N.Y. Mets (Batista 4-2) at Florida (Volstad 5-12), 7:10 p.m.
Cincinnati (Leake 11-9) at Chicago Cubs (R.Lopez 4-6), 8:05 p.m.
Milwaukee (Gallardo 15-9) at St. Louis (Lohse 12-8), 8:15 p.m.
Arizona (Collmenter 9-8) at Colorado (Hammel 7-13), 8:40 p.m.
San Francisco (Surrump 0-0) at San Diego (LeBlanc 2-4), 10:05 p.m.

Tomorrow's games

N.Y. Mets at Florida, 5:10 p.m.
San Francisco at San Diego, 6:35 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
L.A. Dodgers at Washington, 7:05 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at Colorado, 8:40 p.m.

BLUE JAYS 1, RED SOX 0 (11 INN.)

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Elisurf	5	0	1	0	McCoy	3	0	1	0
Pedroia	5	0	0	0	Teahen	0	0	0	0
AdGonz	4	0	1	0	Arenovic	0	0	0	0
Aviles	3	0	0	0	ETHms	4	0	0	0
D.Ortiz	4	0	1	0	Bautist	4	0	0	0
Youkilis	3	0	1	0	Lind	4	0	1	0
Cutler	4	0	0	0	Encnc	5	0	1	0
Reddick	5	0	2	0	KJhnsn	5	0	1	0
Varitek	4	0	0	0	Lawrie	3	1	1	1
Scutaro	4	0	2	0	JMolin	4	0	1	0
Wdward	0	0	0	0					
Wise	4	0	0	0					

Totals 39 0 7 0 Totals 36 1 6 1
Boston 000 000 000 00-0
Toronto 000 000 000 01-1
Two outs when winning run scored.
E—Papellon (1). DP—Boston 2, Toronto 1.
LOB—Boston 10, Toronto 12.
2B—Ellsbury (37), Ad.Gonzalez (41), RB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).

Boston	IP	H	R	E	BB	SO
Beckett	32-3	3	0	0	1	6
Acenes	32-3	1	0	0	3	4
D.Bard	12-3	0	0	0	0	2
Papelbon	1	1	0	0	2	3
Wheeler	2-3	1	1	1	0	0
H.Alvarez	6	4	0	0	1	4
C.Villanueva	1	1	0	0	1	0
Janssen	1	1	0	0	1	2
F.Francisco	2	1	0	0	1	2
Camp	3-3	1	0	0	0	1

T—35L A—27,573 (49,260).

HOCKEY

IIHF WOMEN'S 12 NATIONS

ROUND ROBIN

GROUP A

	GP	W	TOTWTL	L	GF	GA	Pt
U.S.	6	6	0	0	48	1	18
Sweden	6	5	0	0	1	26	14
Canada	6	4	0	0	2	48	12
Finland	6	4	0	0	2	25	10

GROUP B

	GP	W	TOTWTL	L	GF	GA	Pt
Slovakia	4	1	0	0	3	5	17
Russia	4	0	0	0	4	5	32
Japan	4	0	0	0	4	2	32
Switzerland	4	0	0	0	4	3	43

	GP	W	TOTWTL	L	GF	GA	Pt
Germany	3	3	0	0	0	10	5
Norway	3	2	0	1	0	14	8
Czech Republic	3	1	0	2	6	10	7
France	3	0	0	0	3	3	10

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.

Saturday Result

At Vierumaki, Finland

Finland 4 Sweden 2

Friday Result

At Vierumaki, Finland

Sweden 3 Finland 1

END OF TOURNAMENT

TENNIS

U.S. OPEN

At New York

MEN

Singles

Fourth Round

Novak Djokovic (1), Serbia, def. Alexandr Dolgoplov (22), Ukraine, 7-6 (14), 6-4, 6-2.
Jo-Wilfried Tsonga (11), France, def. Mardy Fish (8), U.S., 6-4, 6-7 (5), 3-6, 6-4, 6-2.
Janko Tipsarevic (20), Serbia, def. Juan Carlos Ferrero, Spain, 7-5, 6-7 (3), 7-5, 6-2.

Doubles

Third Round

Mahesh Bhupathi and Leander Paes (4), India, def. Somdev Devvarman, India, and Treat Conrad Huey, Philippines, 6-4, 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-1, 6-2, 6-3.
Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 7-6 (3), 6-3.

WOMEN

Singles — Fourth Round

Caroline Wozniacki (1), Denmark, def. Svetlana Kuznetsova (15), Russia, 6-7 (6), 7-5, 6-1.
Anastasia Pavlyuchenkova (17), Russia, def. Francesca Schiavone (7), Italy, 5-7, 6-3, 6-4.
Andrea Petkovic (10), Germany, def. Carla Suarez Navarro, Spain, 6-1, 6-4.
Serena Williams (28), U.S., def. Ana Ivanovic (16), Serbia, 6-3, 6-4.

Doubles — Third Round

Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, 6-3, 6-1.
Sara Errani and Roberta Vinci (15), Italy, def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 4-6, 7-5, 6-2.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Jessica Pegula and Taylor Townsend, U.S., 6-4, 6-2.

Maria Kirilenko and Nadia Petrova (5), Russia, def. Maria Jose Martinez Sanchez and Anabel Medina Garrigues (12), Spain, 6-2, 6-3.
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska, Poland, def. Alla Kudryavtseva and Ekaterina Makarova, Russia, 6-3, 4-6, 6-2.

MIXED DOUBLES

Quarter-finals

Elena Vesnina, Russia, and Leander Paes (7), India, def. Olga Govortsova, Belarus, and Marcin Matkowski, Poland, 6-2, 6-4.
Gisela Dulko and Eduardo Schwank (8), Argentina, def. Jarmila Gajdosova, Australia, and Bruno Soares, Brazil, 3-6, 6-3, 10-8 (tiebreak).
Lucie Hradecka and Frantisek Cermak, Czech Republic, def. Irina Falconi and Steve Johnson, U.S., 7-5, 7-5.
Melanie Oudin and Jack Sock, U.S., def. Barbora Zlahavova Strycova, Czech Republic, and Philipp Petzschner, Germany, 6-3, 7-6 (3).

GOLF

PGA DEUTSCHE BANK CHAMPIONSHIP

At NORTON, Mass.

Par-71

Final round

(x-won on second hole of playoff)

x-Webb Simpson, \$1,440,000 69-68-67-65—269
Chez Reavie, \$864,000 67-68-68-66—269
Jason Day, \$416,000 67-69-67-68—271
Luke Donald, \$416,000 66-70-68-67—271
Brandt Snedeker, \$416,000 69-64-72-66—271
Jim Furyk, \$288,000 73-68-66-66—273
Bo Van Pelt, \$268,000 68-71-69-66—274
Adam Scott, \$240,000 69-63-71-71—274
Phil Mickelson, \$177,333 70-73-63-69—275
Kyle Stanley, \$177,333 68-71-68-68—275
Blake Adams, \$177,333 70-67-68-70—275
Jerry Kelly, \$177,333 66-69-68-72—275
Ryan Moore, \$177,333 68-68-69-70—275
Brendan Steele, \$177,333 69-67-67-72—275
Ernie Els, \$120,000 70-65-71-70—276
Zach Johnson, \$120,000 68-69-69-70—276
Robert Karlsson, \$120,000 74-67-64-71—276
Steve Marino, \$120,000 67-72-68-69—276
Bubba Watson, \$120,000 68-64-70-74—277
Chad Campbell, \$86,400 71-67-69-70—277
Lucas Glover, \$86,400 69-69-69-70—277
Charl Schwartzel, \$86,400 66-66-72-73—277

BASKETBALL

FIBA AMERICAS 2012 OLYMPIC QUALIFYING

At Mar del Plata, Argentina

QUARTER-FINAL ROUND

GROUP A

	GP	W	L	Pt
x-Dominican Rep.	4	3	1	7
x-Brazil	4	3	1	7
x-Venezuela	4	2	2	6
x-Canada	4	2	2	6
Cuba	4	0	4	4

GROUP B

	GP	W	L	Pt
x-Arentina	4	4	0	8
x-Puerto Rico	4	3	1	7
x-Uruguay	4	2	2	6
x-Panama	4	1	3	5
Paraguay	4	0	4	4

Note: Two points awarded for a win, one for a loss; games against common opponents carried over to quarter-finals.

Yesterday's results

Argentina 79 Canada 53
Dominican Republic 92 Panama 68
Puerto Rico 94 Venezuela 82
Brazil 93 Uruguay 66

Today's games

Puerto Rico vs. Canada, 10:30 a.m.
Uruguay vs. Dominican Republic, 1 p.m.
Argentina vs. Venezuela, 5 p.m.
Panama vs. Brazil, 7:30 p.m.

Tomorrow's games

Canada vs. Uruguay, 10:30 a.m.
Venezuela vs. Panama, 1 p.m.
Brazil vs. Argentina, 5 p.m.
Dominican Republic vs. Puerto Rico, 7:30 p.m.

Thursday Games

Panama vs. Canada, 10:30 a.m.
Uruguay vs. Venezuela, 1 p.m.
Argentina vs. Dominican Republic, 7:30 p.m.
Puerto Rico vs. Brazil, 7:30 p.m.

END OF QUARTER-FINAL ROUND

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	27	9	8	10	40	36	37
Houston	27	8	8	11	34	33	35
Philadelphia	25	8	7	10	31	26	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
Toronto	28	4	12	12	26	49	24
New England	26	4	11	11	26	39	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	27	14	3	10	39	22	52
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Real Salt Lake	25	12	7	6	35	21	42
Colorado	28	10	7	11	39	36	41
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	13	9	27	42	21

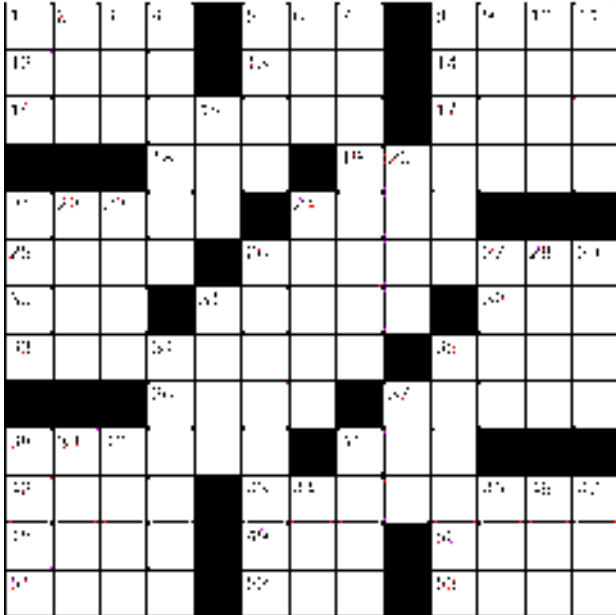
Crossword

Across

1 "Woe is me!"
 5 Snapshot, for short
 8 Church section
 12 Chore
 13 Blonde shade
 14 Bucket
 15 Anise-flavored liqueur
 17 Nursery color, maybe
 18 Larry and Curly's cohort
 19 Heavy hammer
 21 Lights
 24 On the briny
 25 "Hi, sailor!"
 26 Engrossed
 30 More (Sp.)
 31 Sculptor Oldenburg
 32 Regret
 33 Not concrete
 35 Actress Sorvino
 36 Corn peel
 37 Energy
 38 Yell sharply
 41 Chaps
 42 Nickel, for one
 43 Missing person?
 48 Uncontrollable
 49 Postal Creed word
 50 Davenport's site
 51 Wagers
 52 Bribe
 53 Basin accessory

Down

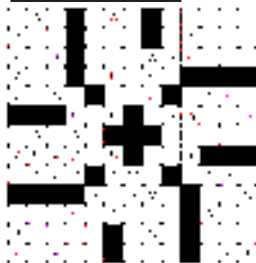
1 — glance
 2 Science workshop
 3 Fool
 4 Meager
 5 Cracker spread
 6 Somewhat (Suff.)



7 Board and 32 pieces
 8 Seem
 9 Settled a debt
 10 Croon
 11 Actress Sommer
 16 Ph. bk. data
 20 Many summertime births
 21 Dalai —
 22 Moby Dick's pursuer
 23 Rolling stone's lack
 24 Unawares
 26 Fairbanks folks
 27 Naval hoosegow
 28 Continental coin

29 Darling
 31 Motley —
 34 Uses one's gray matter
 35 Mickey's girlfriend
 37 Flying geese's formation
 38 Wound cover
 39 Kansas, to Dorothy
 40 Urban disturbance
 41 Abbr. that may cause sticker shock
 44 Ghost's cry
 45 AAA job
 46 Lamb's mama
 47 Listener

Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



A look at the weather

TODAY Min 10° Max 27°
WEDNESDAY Min 10° Max 27°
THURSDAY Min 12° Max 29°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

Aries March 21-April 20 Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

Taurus April 21-May 21 Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

Gemini May 22-June 21 There are times when you say things to shock those around you. Be ready for the backlash.

Cancer June 22-July 22 Be honest with loved ones. Let them know what they are doing wrong.

Leo July 23-Aug. 23 You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

Virgo Aug. 24-Sept. 22 Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

Libra Sept. 23-Oct. 23 Think deeply about your life and where it is headed. Then act.

Scorpio Oct. 24-Nov. 22 You may not agree with what certain people are up to but it is not your place to question their actions.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

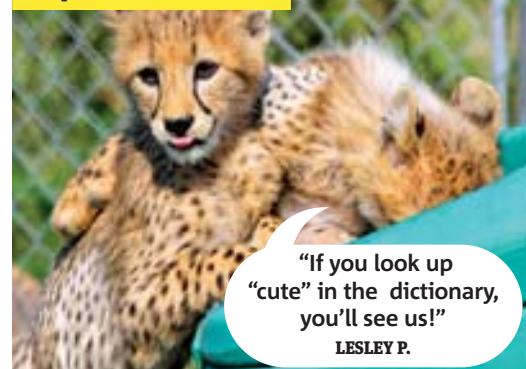
Sagittarius Nov. 23-Dec. 21 Every time you try to get started on something, a force holds you back. It may not be the right time.

Capricorn Dec. 22-Jan. 20 Avoid people and places that depress you. Your mood will improve.

Aquarius Jan. 21-Feb. 18 A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

Pisces Feb. 19-March 20. One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

Caption contest



"If you look up 'cute' in the dictionary, you'll see us!"

LESLEY P.

JACQUELYN MARTIN/ THE ASSOCIATED PRESS



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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